the
fitness cult

by Kailey Vieweg Rodriguez

making fitness a lifestyle

3-Day Food Log

The best way to determine if you are eating the right amounts and/or the right foods is to track your eating habits for a few days using a food log!

For this to work, you have to be honest with yourself. Try to eat the same types of foods, number of meals and snacks, and around the same times that you normally would.

You only need to track foods with calories – so black coffee or tea made only with water + tea bags are free game! But, we do recommend noting the times you normally drink these beverages so that you can look at your overall habits. Also, coffee works as an appetite suppressant and can influence your overall feelings of hunger or moods around food and eating, so consumption is important to note.

Aim to track over 3 days – preferably, 2 working days and 1 non-working day – to get an idea of your usual weekly habits. This can be a bit tedious or time consuming, but it's only for 3 days so please be as detailed as you can!

The next page includes a sample entry with details on how to fill out your log. Please remember to log each day on a separate page and include every item you eat or drink!

Don't forget to reconnect with us at www.the-fitness-cult.com or on Instagram @the_fitnesscult once your food log is filled out to assess next steps!

See you soon and, until then, happy eating! 😉

much love,

kailey

CEO and Founder
of the fitness cult

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3-Day Food Log

Day 1

Meal / Snack	Time	Food & Drink Eaten	Apprx Calories	Hunger Rating / Mood	Post-meal Thoughts	Where You Ate
breakfast	7:05 AM	whole wheat toast, almond butter, honey drizzle; coffee with 1% milk and 1 tbspn caramel syrup	375	4; slightly hungry, tired	satiated but not overly full, awake	in the car on the way to the office

indicate whether this was a meal or snack

what time did you eat it?

brief list of all food and drinks consumed, except for water

if you are not able to estimate this at the time of your meal/ snack, make sure to include the portion sizes in the description so you can estimate the calories later!

on a scale from 1-10, with 1 being famished and 10 being full to the point of discomfort, how did you feel before and after eating? also include any emotions or moods experienced around the time of eating.

did you at home? on the go? at work? at a restaurant?

do this for each thing you eat

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track your water intake here, marking off each 8oz (1/2 a standard water bottle) serving

Water Drank

8oz	16oz	24oz	32oz	40oz	48oz	56oz	64oz	72oz	80oz	88oz	96oz	104oz	112oz	120oz	1 gallon
✓	✓														

Additional Thoughts

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anything else you'd like to document around your eating habits or experience for the day

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Food Log

Day 1

Meal / Snack	Time	Food & Drink Eaten	Apprx Calories	Hunger Rating Mood	Post-meal Thoughts	Where You Ate

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Water Drank															
8oz	16oz	24oz	32oz	40oz	48oz	56oz	64oz	72oz	80oz	88oz	96oz	104oz	112oz	120oz	1 gallon

Additional Thoughts

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Food Log

Day 2

Meal / Snack	Time	Food & Drink Eaten	Apprx Calories	Hunger Rating Mood	Post-meal Thoughts	Where You Ate

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Water Drank															
8oz	16oz	24oz	32oz	40oz	48oz	56oz	64oz	72oz	80oz	88oz	96oz	104oz	112oz	120oz	1 gallon

Additional Thoughts

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Food Log

Day 3

Meal / Snack	Time	Food & Drink Eaten	Apprx Calories	Hunger Rating Mood	Post-meal Thoughts	Where You Ate

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Water Drank															
8oz	16oz	24oz	32oz	40oz	48oz	56oz	64oz	72oz	80oz	88oz	96oz	104oz	112oz	120oz	1 gallon

Additional Thoughts